



Striving For Personal Wellness

Making Healthy Choices and
Decisions



What Determines Health?

- Health Behavior
- Physical Environment
- Heredity
- Health-Care Services



Striving for Personal Wellness

Physical Wellness

refers to the health of the body

Social Wellness

refers to relationships with others

Emotional Wellness

is achieved through acceptance and awareness of feelings and self-image

Intellectual Wellness

encourages to gather knowledge through stimulating learning experiences

Making Healthy Choices

- Risky behavior can directly affect your health
- The Wellness Continuum illustrates the relationship between health and risk behaviors
- The Decision Making Model can help you handle times of conflict





Understanding Risks

- Risk is a degree of danger that goes along with a situation
- Health risks are based on what has happened to a number of people in the recent past. Epidemiology is a study of factors that cause illnesses in an effort of determine their chances of occurring.
- Responsibility to self and to others



Making Decisions

- Identify the problem: what is the cause for your problem?
- Consider your options: What are your choices? Consider your values.
- Evaluate the outcomes: What are possible consequences: positive and negative.
- Decide and act: What do you choose to do?
- Review your decision (the results): What can I learn from this experience?